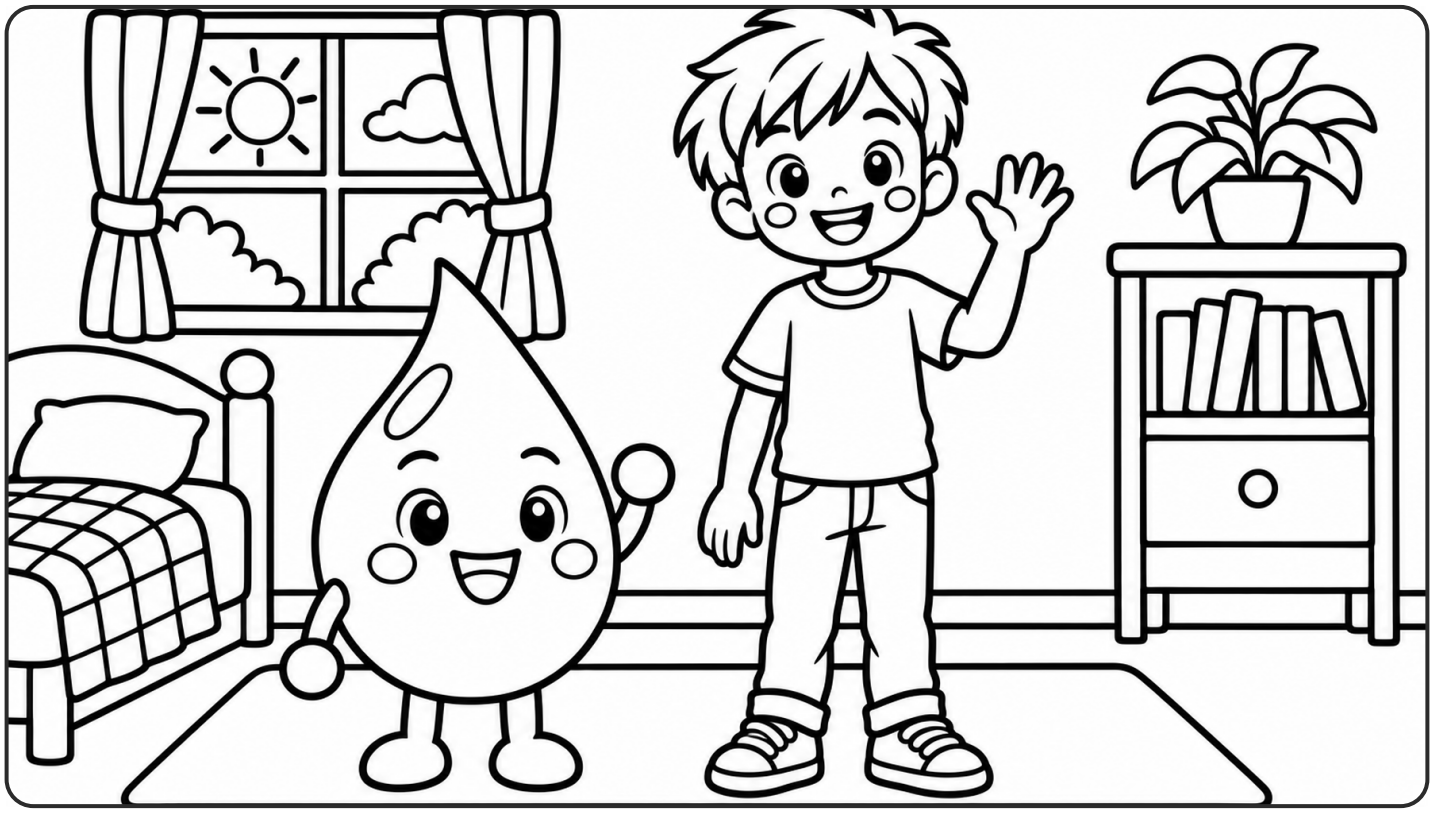
Why do I have crusty stuff in my eyes when I wake up?

Yawn! Crusty stuff! Why is it in my eyes?



Why?

1. **Every blink washes your eye.**
   Every time you blink, a tiny bit of tears comes out of your upper eyelid. Your eyelid spreads it over your eye, like a little window wiper. Tears wash away dust and germs, and they keep your eye from drying out.
2. **Your eye makes its own slime!**
   Tears are not only water. Your eye makes its own slime, called mucus, just like your nose makes snot. The mucus helps hold the tears onto your eye. Tiny glands in your eyelids add a little oil on top.
3. **No blinks, no wash!**
   When you sleep, you don't blink. So the mucus, the oil, the dirt and the old skin cells stay put. They collect in the corners of your eyes, and along your eyelashes. There, the wet goo dries and gets hard. By morning, it is crusty!

Try it! Count to ten

You need: a grown-up to count

1. Keep your eyes open while a grown-up counts to ten.
2. Do they start to feel dry?
3. Now blink. Ahh!

What happened? That's your tears, washing your eyes!

Video + more questions:
whywhywhykids.com/eyecrust

scan with a grown-up